

EAST BAY STRIDERS NOTES  
Vol. 6, No. 1, Jan-Feb 1988

CROSS COUNTRY CHAMPIONSHIPS - The Striders team took 5th place in the 10K Cross Country Championships held in Rocklin (11/8/87). 10 members competed.

24 Chris Jagers	33:24	Joe Cavanaugh	37:31	SIX EBS'RS IN ANNUAL NEW YRS
27 Helmer Aslaksen	33:35	Mick Bobroff	38:22	DAY FUN RUN TO TOP MT DIABLO
50 Thom Trimble	34:56	Roland Lochhoff	39:20	Trimble, Williams, Wheatfill,
7M Gene Dangel	35:32	John Monteverdi	40:02	U. Werner, Monteverdi, Murphy
Carl Rose	35:59	Nick Scotchler	40:23	fought hangover, snow/ice in
				annual 13.5 mile run to top.

CHRISTMAS RELAYS - EBS "A" TEAM 7TH OVERALL WITH STRONG PERFORMANCE - ONLY 3:56 BEHIND 1ST

- Striders "A" - 1:32:06 (Jagers, McKendel, Trimble, Aslaksen)
- Striders "B" - 1:47:37 (Monteverdi, Wheatfill, Scotchler, Frankfurt)
- Striders Women - 2:00:22 (Latshaw, Marion, Staub, Cathy) (11TH OPEN WOMEN)

CAL INTERNATIONAL MARATHON (12/6) - Although six known Striders started this "race", we know of only three approximate times. Ulf Werner and Roland Lochhoff both ran around 2:58 in gusty, gale force headwinds and heavy rain. Joe Cavanaugh ran, we're told, around 2:48. Joe Schieffer, Gene Dangel and Dan Williams also ran, but we've had no report.

DANGEL TAKES 3RD IN TAC GRAND PRIX - Gene Dangel took 3rd place in the masters division of the 1987 TAC Grand Prix. Finishing ahead of Gene were Bill Sevald and David Ramirez. Gene earned \$250 plus free entry into all 1988 TAC Championship races. Super job, Gene!

Run to the Far Side (11/29)

- 7. Chris Jagers 31:53
- 18. Joe Sheader 33:00

Quadruple Dipsea (11/28)

- 1. Dan Williams (CR) 4:00:02
- 13. Greg Wheatfill (PR) 4:51:02

San Fran. Half Marathon (11/21)

- Joe Shieffer 1:12:05
- Joe Sheader 1:12:10

Run your Axe Off 5K (11/15)

- 1. Helmer Aslaksen 15:34
- 2. Thom Trimble 15:41
- 16. John Monteverdi 18:08

11th Annual Holiday Run (12/5)

- 1. Thom Trimble 32:55 (CR)

Midnight Madness 5K (12/31)

- 1. Chris Jagers (PR) 14:50
- 2. Doug Brooks 15:50

Santa's Stampede 8K (12/12)

- Thom Trimble 26:12
- John Monteverdi (1M) 29:32
- Greg Wheatfill 30:38

| TRACK WORKOUTS Edwards |  
| Track UC, Thursday, 4:30PM |

1988 DUES ARE DUE!!

Send \$5.00 to  
John Monteverdi  
4425 View Street  
Oakland, CA 94611

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP \_\_\_\_\_

EBS IS TAC 1988 TAC# \_\_\_\_\_  
TEAM #138

REMEMBER TO OBTAIN YOUR 1988 TAC REGISTRATION!!